

**After School Snack Program (ASSP) Sample Menu - 5 Day**  
**Children Ages 6-12**

Sponsor #	Sponsor	Contact Name	Ages
1234	Your School	Your School's Contact	6-12

COMPONENTS (Offer 2 Daily) ↓	MENU NAME →	Day 1	Day 2	Day 3	Day 4	Day 5
		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> Minimum: 1 cup	Flavor & Fat content		1% White or FF Chocolate Milk		1% White or FF Chocolate Milk	
	Portion in oz.		8 fl. oz.		8 fl. oz.	
<b>Fruits/Vegetables</b> <b>100% Juice</b> Minimum: 3/4 cup	Item	Sliced Peaches or Canned Fruit		100% Juice Choice		Broccoli Florets and/or Baby Carrots
	Portion in cups	¾ cup		6 fl. oz.		3/4 cup (total combined)
<b>Grains</b> Minimum: 1 oz. eq.	Item		Whole Grain Mini Bagel	Mini Pretzel Twists (enriched)	Granola Bars (enriched or whole grain)	
	Portion in oz.		1 oz. eq.	.7 oz. to 1 oz. (about 12-18 pretzels)	.84 oz each x 2 = 1 oz. eq.	
<b>Meats/ Meat Alternates</b> Minimum: 1 oz. eq.	Item	Low-fat Cottage Cheese	Peanut or Sunflower Butter			Natural Cheese (Sticks, Cubes, Slices)
	Portion size or oz.	¼ cup = 1 oz. eq. ½ cup = 2 oz. eq.	2 Tbsp./1 oz.			1 oz.
<b>Other Foods &amp; Condiments</b>	Item					
	Portion size					
	Item	Water				Low-fat Ranch/ Water
	Portion size	8 fl. oz.				2 Tbsp./8 fl. oz.

**Notes:** Cottage Cheese on Day 1, serve ¼ cup to younger students, ½ cup to older. Granola bars on Day 4 can have chocolate pieces and students must receive two bars to credit for the full 1 ounce of grains.